

10 mōta hōdră broi ngă pō sang kō tolroi ruă tōnap suaī pran

Tōdah ih duam, pōtük, bōdah suaī pran tōnap, iāu nai ia jrao ih. Nu dui laī broi hiūm ih kōđiāng rāng droi jan ih pō pō sang. Ngă tui hōdūm tolroi gah rōgū anai:

1. Dō pō sang tol:

- Truh 7 hōri dōrōng mōng hōri ih hōrmāo tolroi ruă anün, LAIH ANŪN
- Ih bu duam ôh amāng 3 hōri bu djōr yuadah ih moñum jrao duam ôh, LAIH ANŪN
- Tolroi ruă ih plai biă yōh.



6. Tōdah ih pōtük hōdrap, gōm hī moñah ih hāng hla ar uă bō mōta laih anün glōm hī gōr.



2. Kōsem lāng tolroi ruă ih tōng ten.

Tōdah ih ruă kōtang hloh, ih broi iāu nai ia jrao tañ mōtäm.



7. Rao tōngan ih lu blū hāng ia sōbu biă biă mă amāng 20 yōi.



3. Pōdōri hāng moñum ia lu.



8. Tōdah dui, ih broi dō ataih mōng moñuih pōkōn, dō amāng phōng hōjān laih anün yua sang ia phara. Gōm bō mōta ih hāng anō gōm bō mōta bōri ih dō giam arāng.



4. Hlāo kōr ih nao bōp nai ia jrao, ih iāu hāng laī pōthāo kōr ū ai-ñu ih hōrmāo mač COVID -19.



9. Anām yua goñam amāng sang hrōm ôh, wōt hāng goñam bōng.



5. Tōdah hōrmāo tolroi jač amač, iāu 911. Laī pōthāo kōr bōng goñu ai-ñu ih hōrmāo mač COVID -19.



10. Ih broi uă abih bang goñam ih tēk djōr lu rīm hōri.



Kōnōng Bruă Djru Tolroi Ruă Kă hāng Djru Ană Moñuih pō NC - www.ncdhhs.gov/covid19

Iāu 211 bōdah nao pō nc211.org kiăng ēp anō pōkōn